



CENTERS FOR DISEASE CONTROL AND PREVENTION'S “Learn the Signs. Act Early.”

**2016 Child Health, Education and Care Summit
November 8 – 10, 2016**



Centers for Disease
Control and Prevention
www.cdc.gov/actearly
1-800-CDC-INFO

Take Home Points

- Tracking milestones and early identification are important
- You have an important role in encouraging families to monitoring their child's developmental milestones
- CDC offers *Learn the Signs. Act Early.* resources and tools



Learn the Signs. Act Early.

The Issue

- Developmental disabilities are common
- About 1 in 6 children ages 3-17 has a developmental disability¹
- In the United States, about 1 in 68 children has an autism spectrum disorder²
- Median age of ASD diagnosis is 4 years

1. Boyle CA, Boulet S, Schieve LA, et al. Trends in the prevalence of developmental disabilities in U.S. children, 1997–2008. *Pediatrics* 2011;127:1034–42.

2. Prevalence of Autism Spectrum Disorders. *MMWR*. March 27, 2014



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The Issue (cont.)

- 12-16% U.S. children have a developmental or behavioral disorder ¹
- Prompt identification can spur specific and appropriate therapeutic early interventions²
- Fewer than 50% of pediatricians use valid and reliable screening tools

1. AAP Policy Statement, Pediatrics 2001

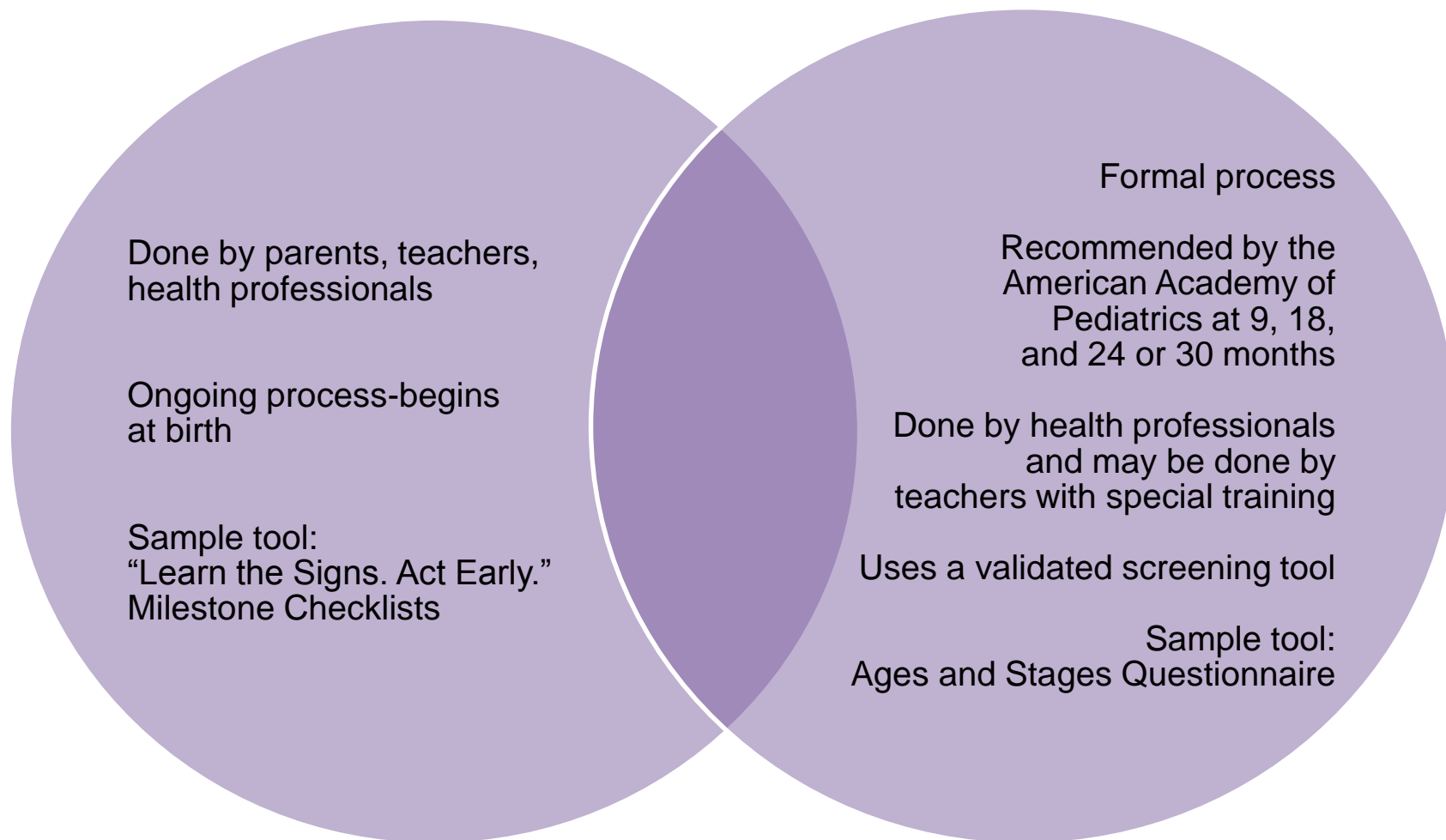
2. AAPA Policy Statement, Pediatrics 2006

Sand, et al. Pediatricians' reported practices regarding pediatric screening. Do guidelines work?

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Developmental Surveillance

Developmental Screening



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Developmental Milestones

- Milestones are things most children can do by a certain age
- How a child plays, learns, speaks, acts, and moves
- You see these every day
- They offer important clues about each child's developmental health
- Parents may need guidance in recognizing

All children develop at their own pace. Some will reach milestones slightly late or early.

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Tracking Milestones Helps Parents...

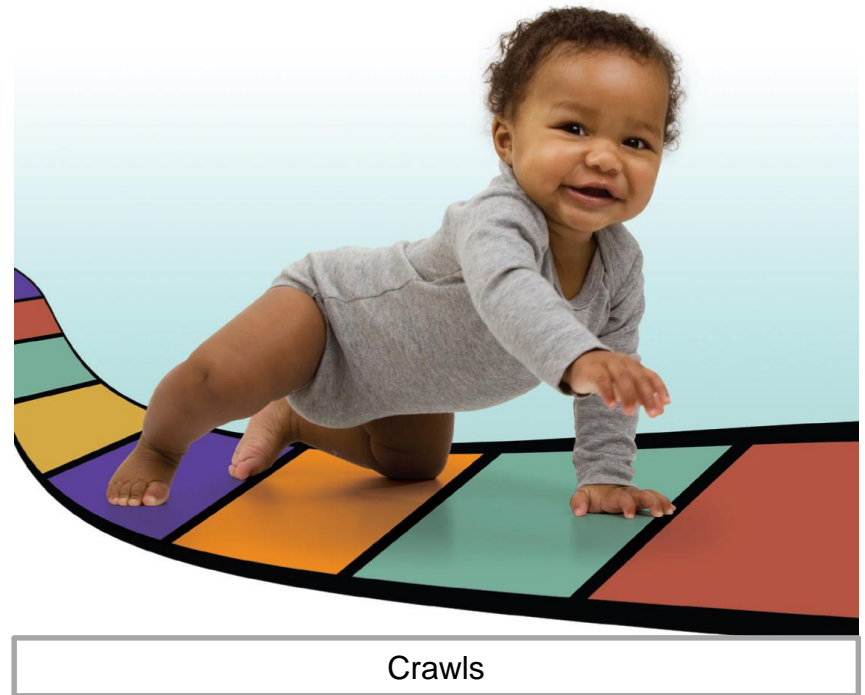
- Understand that watching for milestones is important
- Better understand child development
- Pinpoint any potential developmental concerns



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Tracking Milestones Is Important

Tracking a child's milestones helps parents catch early signs of possible developmental delays so the child has the best chance to get the help he or she might need.



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LTSAE Materials



- Developed by CDC, in conjunction with the AAP
- Objective, research-based
- Empower parents to become better partners in tracking development

Learn the Signs. Act Early.

LTSAE Materials



- Completely free
- Can be ordered online and mailed to your office
- Some resources are printable online
- Customizable

Learn the Signs. Act Early.

LTSAE Materials – Ingles y Espanol



Additional languages*:

- Arabic
- Korean
- Portuguese
- Somali

* Some materials

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LTSAE Materials

Designed for use by:

- Parents
 - Books, growth chart
- Professionals
 - How to discuss milestones
 - Tip sheets
- Parents and Professionals Together
 - Tracking tools



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Campaign Posters



Appropriate for:

- Waiting room
- Office wall

“It’s time to change how we view a child’s growth.”

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Milestones Brochure

Select milestones at a glance for ages 6 months to 5 years



Learn the Signs. Act Early.

The journey of your child's early years includes many developmental milestones for how he or she plays, learns, speaks, and acts.

Look inside to learn what to look for in your child. Talk with your child's doctor about these milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

YOU KNOW YOUR CHILD BEST.

If you are concerned about your child's development, talk to your child's doctor.

If you or the doctor is still concerned, ask the doctor for a referral to a specialist and call 1-800-CDC-INFO to learn how to get connected with your state's early childhood system to get the help your child might need.

DON'T WAIT.

Acting early can make a real difference!



For more information about your child's development and what to do if you have a concern, visit:

www.cdc.gov/ActEarly

OR CALL:

1-800-CDC-INFO

to request a FREE "Learn the Signs. Act Early." Parent Kit or to get help finding resources in your area.

Developmental milestones adapted from Caring for Your Baby and Young Child: Birth to Age 5 (AAP, 2008) and Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents (AAP, 2008).

Track Your Child's Developmental Milestones



Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

For parents of children from birth to 4 years



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Learn the Signs. Act Early.

www.cdc.gov/ActEarly

Milestone Moments Booklet



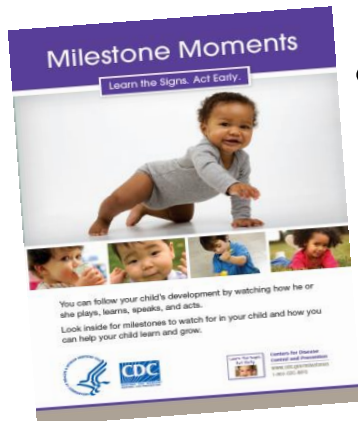
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Milestone Moments Booklet...

Covers four developmental domains

- Social /Emotional
- Language / Communication
- Cognitive (learning, thinking, problem-solving)
- Movement / Physical Development



Learn the Signs. Act Early.

Using the Milestone Moments Booklet...

Everyday use:

- Helps parents prepare for well-child visits
- Provides parents with tips to help their child's development
- Review milestones with providers regularly
- Discuss red flags if necessary
- As a reference



Learn the Signs. Act Early.

Milestone Checklists

Your Baby at 9 Months



Child's Name _____

Child's Age _____

Today's Date _____

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by the end of 9 months. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

What Most Babies Do at this Age:

Social/Emotional

- ☐ May be afraid of strangers
- ☐ May be clingy with familiar adults
- ☐ Has favorite toys

Language/Communication

- ☐ Understands "no"
- ☐ Makes a lot of different sounds like "mamamama" and "babababab"
- ☐ Copies sounds and gestures of others
- ☐ Uses fingers to point at things

Cognitive (learning, thinking, problem-solving)

- ☐ Watches the path of something as it falls
- ☐ Looks for things he sees you hide
- ☐ Plays peek-a-boo
- ☐ Puts things in her mouth
- ☐ Moves things smoothly from one hand to the other
- ☐ Picks up things like cereal o's between thumb and index finger

Movement/Physical Development

- ☐ Stands, holding on
- ☐ Can get into sitting position
- ☐ Sits without support
- ☐ Pulls to stand
- ☐ Crawls

Act Early by Talking to Your Child's Doctor if Your Child:

- ☐ Doesn't bear weight on legs with support
- ☐ Doesn't sit with help
- ☐ Doesn't babble ("mama", "baba", "dada")
- ☐ Doesn't play any games involving back-and-forth play
- ☐ Doesn't respond to own name
- ☐ Doesn't seem to recognize familiar people
- ☐ Doesn't look where you point
- ☐ Doesn't transfer toys from one hand to the other

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your state's public early intervention program. For more information, go to www.cdc.gov/concerned or call 1-800-CDC-INFO.

The American Academy of Pediatrics recommends that children be screened for general development at the 9-month visit. Ask your child's doctor about your child's developmental screening.

Adapted from Caring for Your Baby and Young Child: Birth to Age 5, Fifth Edition, edited by Steven Shelov and Terry Farmer Almon, © 1991, 1995, 1998, 2004, 2009 by the American Academy of Pediatrics and Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, Third Edition, edited by Joseph Higgins, Jr., Judith S. Green, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This milestone checklist is not a substitute for a standardized, validated developmental screening tool.

www.cdc.gov/actearly | 1-800-CDC-INFO



Learn the Signs. Act Early.

- Free and printable online

<http://www.cdc.gov/ncbddd/actearly/downloads.html#checklists>

- Parent tips on back

Learn the Signs. Act Early.

www.cdc.gov/ActEarly

Using Milestone Checklists...

Throughout the year, pay attention to how the child is meeting milestones and mark the checklist accordingly.

Your Child at 2 Years



Child's Name _____

Child's Age _____

Today's Date _____

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 2nd birthday. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

What Most Children Do at this Age:

Social/Emotional

☐ Copies others, especially adults and older children

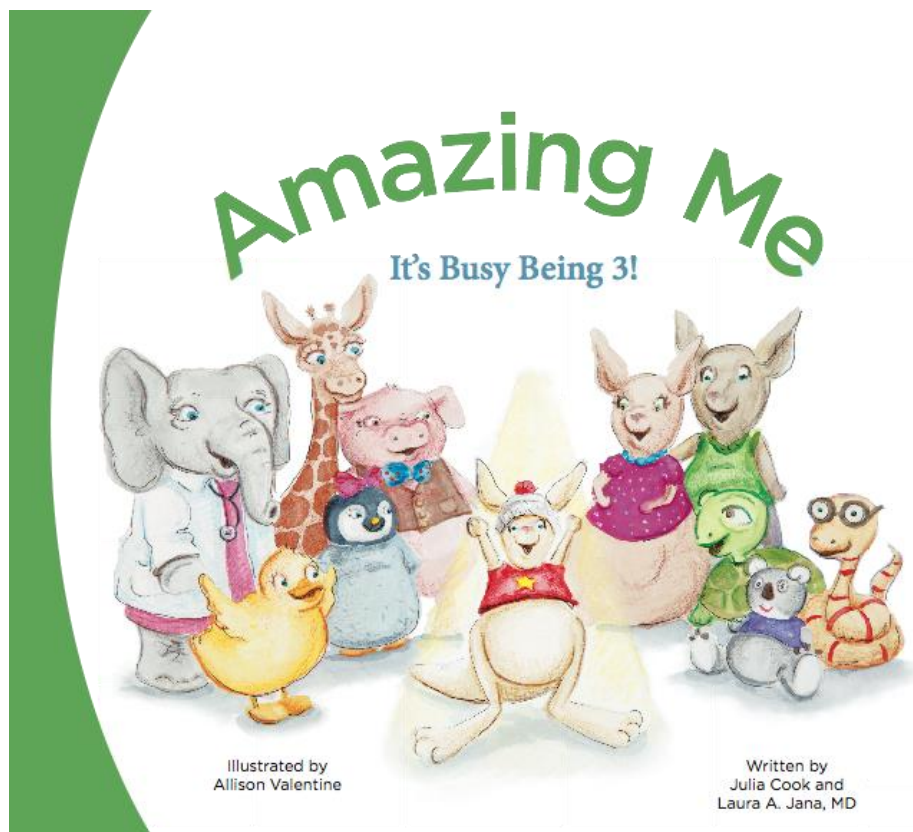
- ☐ Climbs onto and down from furniture without help
- ☐ Walks up and down stairs holding on
- ☐ Throws ball overhand
- ☐ Makes or copies straight lines and circles

Social/Emotional

- ☒ Copies others, especially adults and older children
- ☐ Gets excited when with other children
- ☐ Shows more and more independence
- ☒ Shows defiant behavior
(doing what he has been told not to)
- ☒ Plays mainly beside other children, but is beginning to include other children, such as in chase games

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Story Time -Amazing Me / Soy Maravilloso



- Celebrates typical development
- Age-appropriate activities
- Currently developing books for 2 year olds

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Growth Charts

- Select milestones at a glance for ages 1 month to 5 years
- English and Spanish on reverse



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You Can Customize Materials



Milestone Moments

Learn the Signs. Act Early.

You can follow your child's development by watching how he or she plays, learns, speaks, and acts. Look inside for milestones to watch for in your child and how you can help your child learn and grow.

Department of Health and Social Services
1-877-477-3659 | 1-800-268-8442
www.earlyintervention.alaska.gov

STATE OF ALASKA



Track Your Child's Developmental Milestones

For more information about what to do if you have a concern, contact your child's doctor or one of these agencies.

Parents as Teachers
A resource for parents of children from birth to 5 years of age. Call Parents as Teachers for information on parenting and child development.
314-432-4330
www.parentsteachers.org

Missouri First Steps
A resource for parents of children from birth to 3 years of age. Call First Steps if you have a concern about a developmental delay or disability.
314-453-9203
<http://dese.mo.gov/divspecced/FirstSteps>

Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

Department of Health and Human Services
Centers for Disease Control and Prevention
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www.cdc.gov/ActEarly

Milestones in Action



Parents and Caregivers

- Click on an age to see photo and video examples of important developmental milestones.
- Use as an aid in completing the milestones checklist for their child's age.

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Milestones in Action

Professionals



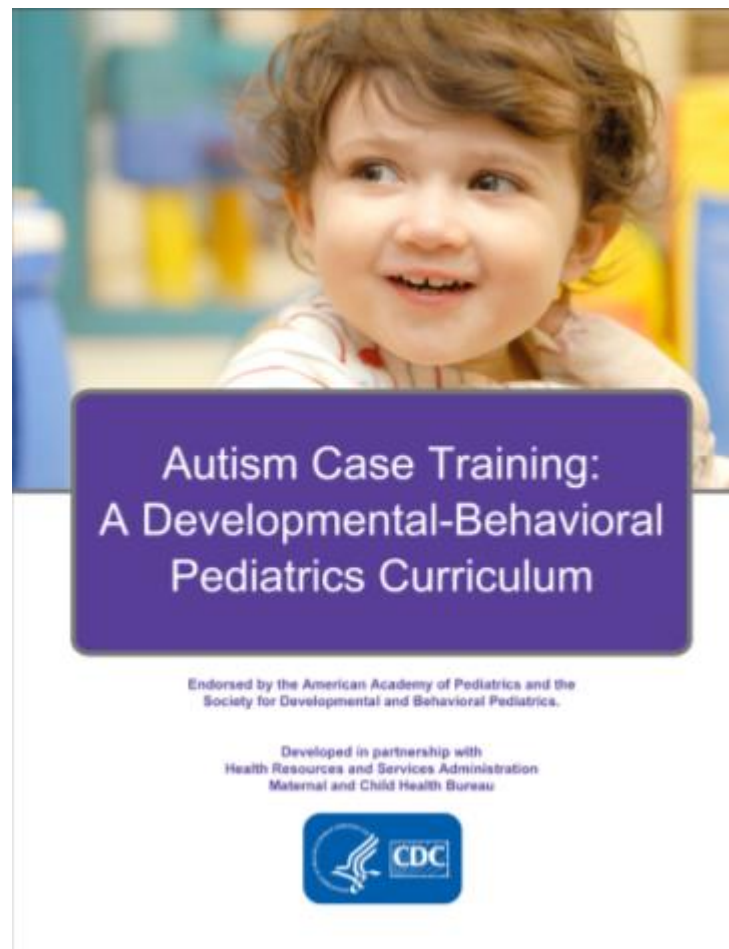
- Use photos and images for educational or awareness-building purposes.
- Embed and share photos and videos on website and within presentations
- Share photos and videos to support training information
- Use to support observations and conversations with parents on age-appropriate milestones
- Share photos and videos on social media to build community awareness of developmental milestones

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Free Continuing Education

- Free online courses eligible for CME, CNE and CEU credits
- MOC (Part 2) Approved
 - Identifying
 - Diagnosing
 - Managing

In-Class Curriculum
Teaching Guide
Video Library



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Autism Case Training

click on the playlist icon in the video menubar at the bottom of the player screen



- Early Warning Signs
- Screening
- Communicating Concerns
- Making an ASD Diagnosis
- Early Intervention and Education
- Treatments for ASD
- ASD-Specific Anticipatory Guidance

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Watch Me!

Celebrating Milestones and Sharing Concerns

A FREE, 1-hour online continuing
education course for early care and
education providers

Offers tools and best practices for
monitoring development and talking
with parents

Available for FREE credit at
www.cdc.gov/WatchMeTraining





Watch Me!
A free training for early educators
cdc.gov/WatchMeTraining



Watch Me! Celebrating Milestones and Sharing Concerns

- Why monitoring children's development is important
- Why you have a unique and important role in developmental monitoring
- How to easily monitor each child's developmental milestones
- How to talk with parents about their child's development
- Professional Growth/Continuing Education certificate

Learn the Signs. Act Early.

“Go Out & Play! Kit” for Early Educators

Downloadable resource: Information about monitoring development during outdoor play

- Fun and interactive sample activities designed for children ages 3 through 5 years
- Activities to share with parents for at-home play.

You Can Help!

YOU can help the children develop optimally and get connected to intervention services and supports if needed by encouraging families to:

- Learn developmental milestones
- Monitor development
- Act early on concerns

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Talking to Parents

Educate

- Age-appropriate milestones
- What their child has achieved – give examples
- What milestones to expect next
- How to track milestones at home – remember to give a checklist

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Talking to Parents

Encourage

- Beginning or continuing to track milestones
- Using development tips found in Milestone Moments Booklet
- Parent-pediatrician communication about milestones and developmental screening (when age appropriate)
- Letting you know if any concerns arise

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Families of children at risk or with developmental disabilities

Early Start Family Resource Centers

- Provide information, referral and support
- Staffed by parent of children with disabilities
- frcnca.org

Regional Centers

Provide

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Coming Soon.....

App

Where is Bear

Learn the Signs. Act Early.

www.cdc.gov/ActEarly

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Learn the Signs. Act Early.
California

Learn the Signs. Act Early.

Act Today!

- View, print, or order FREE “Learn the Signs. Act Early.” resources at www.cdc.gov/ActEarly
- If you’d like to customize these materials for your practice and print them locally, contact ActEarly@cdc.gov
- Access free continuing education courses on autism spectrum disorder at www.cdc.gov/AutismCaseTraining

Thank you!



Centers for Disease
Control and Prevention
www.cdc.gov/actearly
1-800-CDC-INFO

LTSAE Website

<http://www.cdc.gov/actearly>



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www.cdc.gov/ActEarly

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